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Watchung's Hometown Newspaper

NJ

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ISSUE 104 • JUNE 2021

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## VOLUNTEERS CLEAN TOWN DURING OPERATION PRIDE EVENT

Watchung Borough held the annual Operation Pride on Saturday, May 1, 2021. Starting at the Texier House Museum, Neighbors, scouts, school children, the Knights of Columbus, and council members volunteered their time to clean up the town.

The back of the Texier House was the starting place for the volunteers, with each person receiving a Clean Communities T-Shirt, gloves, a mask, hand sanitizer, and a garbage bag. Major areas focused on during the cleanup included the Watchung Lake, Stony Brook, Mobus Field, Somerset Street, and Bayberry Elementary School.

This event was organized by the Watchung Borough Traffic and Beautification Committee. The Watchung Borough CERT Team and Environmental Commission also participated.



(above) Members of Watchung CERT and the Environmental Commission at the Texier House Museum.



(above) Boy Scout Troop 32 cleaned up Bayberry Elementary School



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Watchung Post is published by Renna Media. 3,000 newspapers are printed monthly and mailed to every business and home in Watchung, NJ and the balance are distributed for free pick-up throughout town.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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Fax: 908-709-9209  
Email: joerenna@rennamedia.com

## PROMOTE YOUR COMMUNITY EVENT

Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

*Organizations who are interested in submitting content can email*

*editor@rennamedia.com or call 908-418-5586*

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*Reserve space in the next issue.*

*Call Tina Renna at (908) 418-5586*

*Email: tinarena@rennamedia.com*



# CAMP PATRIOT RUN, RUCK, RIDE CHALLENGE TO SUPPORT DISABLED NJ VETERANS

Backpacks For Life and New Jersey Veterans Network are teaming up to host the 1st Annual Camp Patriot Run, Ruck, Ride Challenge from June 17 to 20, 2021.

Camp Patriot's mission is to empower American Disabled Veterans by providing them the right relationships and assistance so that they can once again enjoy the great outdoors. The proceeds raised from this event will help send disabled New Jersey Veterans to attend Camp Patriot. The event will take place both virtually and in-person over the span of five days. This allows individuals to participate from the comfort of their own homes, neighborhoods, local parks or join us in person at our event location which will be announced at a later date on our registration page.

"We're excited to get back out there, bring together the community and help raise money to send deserving Veterans to Camp Patriot." - Brett D'Alessandro, President of Backpacks For Life "The New Jersey Veterans Network is excited to be teaming up with Backpacks For Life and doing an event to shed a light on our

Anti-Suicide and PTSD Awareness campaign. All funds raised will go towards sending disabled New Jersey Veterans to Camp Patriot in Montana." - Michael Boll, President of New Jersey Veterans Network

To learn more about the event and register to participate, visit <https://tinyurl.com/runruckride>. With your registration, you receive an event bib, t-shirt and challenge coin.

Backpacks For Life is a 501(C)3 nonprofit organization that serves the homeless and at-risk veteran community. By regularly distributing backpacks filled with essentials to Veterans on the streets and providing mentorship to at-risk Veterans and their families, Backpacks For Life aims to bridge the gap between Veterans and the resources available to them.

New Jersey Veterans Network's mission is to help New Jersey Veterans and their families enjoy a sustainable quality of life by creating a network of Community Veteran Liaisons ("CVL") whose role is to identify veterans, and connect them with resources & solutions designed to meet the unique set of veteran needs.

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for more information about our services, and ways you can make a difference in a heroes life.



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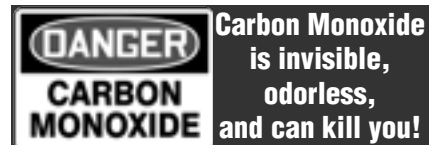
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## KNOW THE BEAR FACTS ABOUT BLACK BEARS

### NJ Division of Fish and Wildlife

Black bears are the largest land mammal in New Jersey. Since the 1980s the Garden State's black bear population has been increasing and expanding its range both southward and eastward from the forested areas of northwestern New Jersey. Within the most densely populated state in the nation, black bears are thriving and there are now confirmed bear sightings in all 21 of New Jersey's counties.

Division of Fish and Wildlife personnel use an integrated approach to managing New Jersey's black bear population, fostering coexistence between people and bears.

The most common bear problem New Jersey's residents experience is black bears getting into their garbage. Bears are attracted to neighborhoods by garbage odors, so properly securing your garbage is one of the best ways to prevent bears from becoming a nuisance in your community.

Black bears by nature tend to be wary of people. However, if you encounter a black bear in your neighborhood or outdoors, follow these common-sense safety tips.

- Never feed or approach a bear!
- Remain calm if you encounter a bear. Do not run from it. Make the bear aware of your presence by speaking in an assertive voice, singing, clapping your hands, or making other noises.



## FAMILY SUPPORT GROUP – JUNE 15

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness?

NAMI Union County's Family Support Group is for family members and caregivers of persons with mental illness. Join our peer-led group meetings and gain insight from others facing the same challenges.

Zoom sessions are held on the 3rd Tuesday of every month from 7 p.m. – 8:30 p.m.

To register, email Denise at: [namiunioncounty@yahoo.com](mailto:namiunioncounty@yahoo.com) with your name, town, and phone number.

- Make sure the bear has an escape route.
- If a bear enters your home, provide it with an escape route by propping all doors open.
- Avoid direct eye contact, which may be perceived by a bear as a challenge. Never run from a bear. Instead, slowly back away.
- To scare the bear away, make loud noises by yelling, banging pots and pans or using an airhorn. Make yourself look as big as possible by waving your arms. If you are with someone else, stand close together with your arms raised above your head.
- The bear may utter a series of huffs, make popping jaw sounds by snapping its jaws and swat the ground. These are warning signs that you are too close. Slowly back away, avoid direct eye contact and do not run.
- If a bear stands on its hind legs or moves closer, it may be trying to get a better view or detect scents in the air. It is usually not a threatening behavior.
- Black bears will sometimes "bluff charge" when cornered, threatened or attempting to steal food. Stand your ground, avoid direct eye contact, then slowly back away and do not run.
- If the bear does not leave, move to a secure area.
- Report black bear damage or nuisance behavior to the DEP's 24-hour, toll-free hotline at 1-877-WARN DEP (1-877-927-6337).
- Families who live in areas frequented by black bears should have a "Bear Plan" in place for children, with an escape route and planned use of whistles and air horns.
- Black bear attacks are extremely rare. If a black bear does attack, fight back! A Department of Environmental Protection podcast, which focuses on bear safety in New Jersey, can be found at [www.nj.gov/dep/podcast](http://www.nj.gov/dep/podcast)



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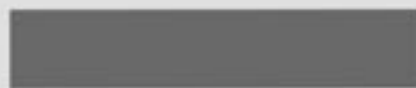
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# NETWORK HELPS VETS AND FAMILIES LIVE BETTER LIVES

*Submitted by Michael D. Boll*

Memorial Day weekend is one of the most challenging for the New Jersey Veterans Network and its team of volunteers and mentors. This is a difficult time for many veterans because they reflect on their brothers and sisters that didn't make it home. Every day our nation loses 22 veterans to suicide, and it seems that number isn't coming down. If you are a veteran, or a family member, who is feeling alone, or are in need of assistance, we are here for you. Please reach out to us.

Our team focuses on helping our veterans and first responders have a better way of life through our volunteer mobile outreach mentoring program. We believe by aggressively seeking out veterans in need and contacting them before they are in crisis, we can really have some positive results. Contacting a person in need first is a great way to build trust and make it easier to begin a friendship. People will do better when they have human contact in their lives, too many programs are automated and lack the empathy and compassion needed to help someone in crisis.

We are not afraid to tell our veterans and first responders that they are loved and we strive to give them purpose. The team immediately empowers and gives its members a new family unit to be part of again. Nearly everyone that joins the team wants to help others and make a difference in someone else's life. Helping others definitely is a medicine that will make you become a better person, and you'll feel really good about it.

New Jersey Veterans Network is constantly keeping active thru our Operation Rebound Racing Team which hosts numerous hikes, runs, bike rides and all other types of physically challenging events. However, we also focus on non athletic events like hosting a BBQ, comedy show, tailgate, camping trip, and several other fun outings throughout the year. But it doesn't stop there, the team works well with other charities and hosts numerous food drives and clothing events which normally take place at

our veteran hospitals and shelters. If you would like to help, there is something for you to contribute.

Most recently, in April, our outreach director Frank "Doc" Schupp spearheaded our "Helping Heroes" program, and "Hero Day". These two programs were responsible for providing over 3,000 veterans and National Guardsmen throughout the state with food, PPE, and personal items.

In the last few years New Jersey Veterans Network has grown and has been able to save lives, provide cars, employment, housing, clothing, food, toiletries, and so much more to heroes.

In the next few weeks, we will be launching a statewide anti-suicide and PTSD awareness campaign. We have joined forces with the NJ VFW, NJ American Legion, NJSPBA, NJ FMBA, NJ FOP, NJ Veterans Affairs, State Legislators, and numerous other groups and organizations.

### HOW YOU CAN HELP

Financial donations are great but we mostly rely on volunteers and donated resources. Our charity allows donors the opportunity to choose

where their funds go and the volunteers get to play an active role in changing someone's life.

If you are interested in joining the team as a volunteer, or are a veteran in need of assistance or comradeship, please contact us at NJVN1775@gmail.com or call 973-332-1556. Visit online at NJVN.org.

### ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our team is raising awareness of our veterans needs by organizing public speaking engagements, meeting with business and political leaders across the state and sponsoring fundraising events. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. To ensure that EVERY single one of our veterans, who have sacrificed so much for this great country, receives the resources that they require and deserve. If you are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.



(above) The operation Rebound Racing Team road 25 miles before the Union Memorial Parade and then marched with the veterans. If you are interested in donating, joining the team as a volunteer, or are a veteran in need of assistance or comradeship, please contact us at NJVN1775@gmail.com or call 973-332-1556. Visit online at NJVN.org.



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Veterans and their families who are experiencing a housing crisis may be eligible for emergency assistance such as motel/hotel stays, security deposits, rent, rental arrears, groceries and utilities through Community Hope.

Community Hope's Supportive Services for Veteran Families (SSVF) program is currently providing assistance remotely. Urgent community-based services such as critical supplies and veteran wellness-checks are provided in person.

The increase in support services to veterans

and their families during the COVID-19 pandemic is possible thanks to funding from the U.S. Department of Veterans Affairs.

To make a referral, please call the referral hotline at 1-855-483-8466 or email SSVF@communityhope-nj.org, or email Gema Diaz at gdiaz@communityhope-nj.org.

Community Hope is a nonprofit that helps individuals, including veterans, and their families, overcome mental illness, addiction, homelessness and poverty. Learn more at communityhope-nj.org.

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The New Jersey Medical Reserve Corps (MRC) – a network of community-based, locally organized units comprised of volunteers – is looking for reinforcements, particularly those with vaccination skills. MRC volunteers are especially vital during emergencies and disasters when paid public health and emergency response assets are overwhelmed. Healthcare professionals (including recently retired individuals) having vaccination skills are

especially needed now that COVID-19 vaccines are available.

In addition to skilled vaccinators, individuals with all types of skill sets (for example, security, language translation/interpretation, education and outreach, warehouse operations, clerical, counseling, and more) are needed. If you are interested in volunteering with the MRC, visit njlmc.njlines.net and click on "Register as an Existing or New MRC Volunteer!"

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**Nathan Weiser** ★★★★★  
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**Thank you Spring Grove for a wonderful and pleasant stay.**

**Charles Sherrick** ★★★★★  
I have been at Spring Grove for a few weeks now, they have exceptional service and excellent staff. All the nurses have been professional and attentive to all my needs. I never thought a rehab center can have such a beautiful layout and well put together. The newly renovated room I have stayed in, is up to date and extremely clean. The therapy staff have gone above my expectations with their expertise and getting me to where I am today. Alyssa the social worker has gone above and beyond with all her assignments.  
**Thank you Spring Grove.**

**Chrissy Sloan** ★★★★★  
The nursing staff and administration is professional, patient, attentive and understanding. The facilities are very clean and well maintained. My parents room is always clean and tidy. Although it was a difficult decision to make relocating my folks from a home environment to a senior living facility, Spring Grove made my decision easy.  
**Thank God for them!**



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There remains an emergency blood shortage due to the coronavirus pandemic, which has limited the amount of walk-in community blood drives at such convenient locations as schools, libraries and houses of worship.

New Jersey Blood Services (2279 South Ave., Scotch Plains), a division of New York Blood Center, is part of one of the largest independent, community-based, non-profit blood centers in the United States that provides lifesaving blood products and services to nearly 200 hospitals in the tri-state area.

In order to be an eligible donor, you must be at least 16 years old (with parental permission or consent for those under 18 years of age), who weigh a minimum of 110 pounds, are in good health and meet all FDA and state Department of Health donor criteria. People over 75 years old may donate with a doctor's note.

To donate call (908) 232-9234, or schedule on-line: [donate.nybc.org/donor/schedules/zip](http://donate.nybc.org/donor/schedules/zip)



(above) To learn more about New Jersey Blood Services visit the Scotch Plains Township channel on Youtube to view "Business of the Week: New Jersey Blood Services".

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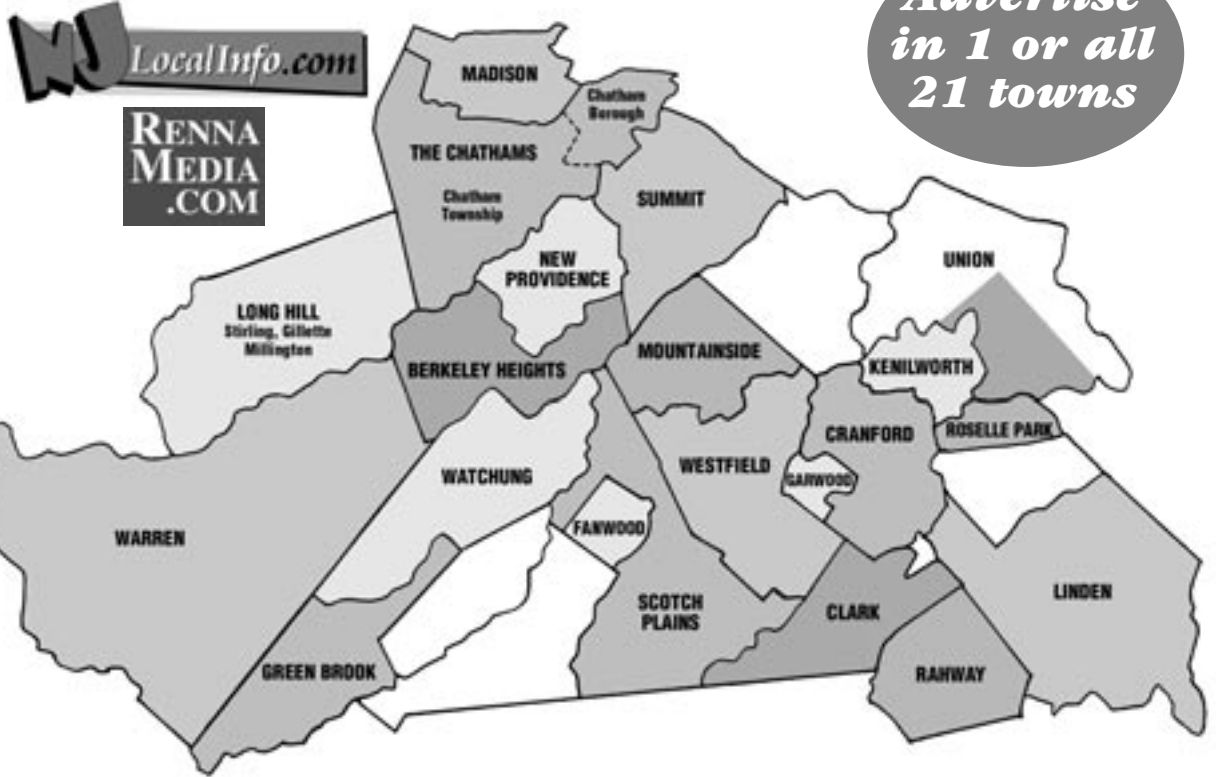
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2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
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FRONT PAGE BOX	1.5" x 4.5"	\$240							

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## GREEKFEST "TO GO" JUNE 4 - 5

If you're looking for some good homemade Greek food, Holy Trinity Greek Orthodox Church in Westfield is hosting their Annual GreekFest but it's "TO GO". Get some delicious take-out on Friday, June 4th from 4 - 9 p.m., and Saturday June 5th from 11 a.m. - 9 p.m.

Some of their specialties like Pasticcio, Souvlaki, Gyros, and desserts like Baklava and Galatopuriko will be available to order on-line at [NJGREEKFEST.COM](http://NJGREEKFEST.COM).

So, order online at [NJGREEKFEST.COM](http://NJGREEKFEST.COM), and pick up your food in the parking lot of the church located at 250 Gallows Hill Road, Westfield, NJ. Who knows? There may be dancing in the isles!!

And remember, everyone can be Greek for a day at NJGreekFest!

## VINTAGE & ANTIQUES CRAFTS FAIR - 6/13

Hosted by the Borough of Fanwood, two Vintage & Antiques Crafts Fairs will be held on Sundays June 13 and October 24, 2021 in the Fanwood Train Station (south side). Featuring 50+ exhibitors selling vintage items from days gone by along with hand made items from artisans and craftspeople. This free event is open to the public from 10 a.m. - 5 p.m. There will be a selection of food so come hungry and enjoy.

### PARKING

The event is held on the south side of the station. There is parking for visitors on the north side of the train station. You can walk over to the south side with the adjoining walking bridge. The GPS address for parking is 238 North Avenue, Fanwood, NJ.

For more general information, or on becoming an exhibitor please, contact JC Promotions at 201.998.6311, [events@jcpromotions.info](mailto:events@jcpromotions.info).

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 Know where your web traffic is coming from and why.
- ELIMINATE / AVOID COSTLY SCHEMES  
 Evaluate the return you are getting from your online marketing costs.
- INCREASE ONLINE MARKETING RESULTS  
 Recommendations include ways to increase traffic to your website
- NO OBLIGATION  
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Call for a consultation if you do not have a website or if need a new one.  
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- STARTER WEBSITE: \$500  
 Basic static site that can be developed further
- WEBSITE CREATION/UPDATE: \$2,400  
 Cost for average website: 12 pages, contact form, SEO friendly, responsive design
- WEBSITE HOSTING: \$300 PER YEAR  
 Includes website hosting, software updates, monthly website content updates
- SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH  
 Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

Call for free a consultation if you need help developing an online marketing plan.

**STARTER WEBSITE \$500**

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